

November 2017

The Palo Duro Buzz


Make every day a good day

Palo Duro Senior Center • 5221 Palo Duro NE Albuquerque, NM 87110 • 505.888.8102

Mon, Tues, Thurs & Fri: 8:00am– 5:00pm • Wed: 8:00am– 7:00pm • Sat: 9:00am– 1:00pm

Because of the Brave Special Luncheon Thursday, November 9th Serving 11:30am-11:45am

This luncheon is to celebrate all the men and women of our armed forces. After all, we are home of the Free, because of the Brave!

- ♦ Live Entertainment by Skip Batchelor 
- ♦ Presentation of the colors by K.A.F.B.
- ♦ Door Prizes sponsored by Sandia Senior Placements

Menu includes:

- | | |
|---------------------------|-----------------------|
| ♦ Meatloaf | ♦ Asparagus w/ Garlic |
| ♦ Corn Chowder Soup | ♦ Dinner Roll |
| ♦ Mashed Potatoes w/Gravy | ♦ Peach Pie |



The Thankful Tree

Monday, November 20th: 10:00am

Take time to be thankful for everything that you have as we will be placing leaves with our thanksgivings on our Thankful Tree! Join us as we decorate the tree that will be located on our front office window.

Center Closures

Friday, November 10th

- ♦ For Veteran's Day

&

Thursday, November 23rd– Friday, November 24th

- ♦ For Thanksgiving Day



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City of Albuquerque

Department of
Senior Affairs



Richard J. Berry
Mayor

Jorja
Armijo-Brasher
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center



Natasha Montoya
Center Manager

Larissa Martin
Program Coordinator

Vacant
Office Assistant

Dave Ellis
Program Assistant

Vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Vacant
Assistant Cook

Popcorn Days

Grab your bag at the front desk- we're popping
Tuesday through Thursday beginning at 10:30am!

\$0.25 Bag



OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00pm-3:00pm
Thursdays 9:30am-11:30am
Bring your membership card!

Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength. Reservations are a must!

***Call Palo Duro Fitness Center to register: 505.880.2800**

M, W, F: 8:30am - 10:45am

M & F: 12:30pm - 2:45pm

\$0.50 Transportation Fee



Bingo

Tuesdays 1:15pm-4:00pm

7- Stellar, 14- TBA, 21-
Elmcroft, 28- TBA

Friendship Coffee

Wednesdays 9:15am -10:15am

Gather with friends old and new for a cup of joe and treats courtesy of our generous sponsors.

1- TBA, 8-Presbyterian, 15- Lovelace,
22- Edward Jones, 29- Walgreens



What's The Buzz?

Join us for these exciting free events that will be taking place this month...

Birthday Party

Join us for some birthday cake as we celebrate the November birthdays at Palo Duro.

Friday, November 3rd

11:30am- 12:30pm

Sponsored by AGA- Medicare Options



'I scream, you scream we all scream for ICE CREAM!'

Thursday, November 16th

11:30am-12:30pm

This month's sponsors:

Davis Riordan- Insurance Broker

Richard Greene & John Pearson- New Mexico Mortgage



Movies at Palo Duro

Join us at 1:30pm for these movies! Refreshments provided at intermission. Movies shown every 1st & 3rd Thursday.



November 2nd- Priceless (PG-13) 1:40 min

In this powerful drama, a man agrees to drive a box truck cross-country and not ask questions about its mysterious cargo. But when he learns that he's transporting two women, he decides to fight back against the human traffickers who hired him.

Sponsored by: Options Homecare

November 16th- Passengers (PG-13) 1:56 min

Two passengers aboard a spacecraft traveling to a distant planet are brought out of suspended animation by a technical glitch- 90 years before the vessel is due to reach its destination. Together, they must investigate the malfunction that awakened them, which could threaten the safety of the ship.

Sponsored by: Discount Dental



Palo Duro Trips.

Bodega Burger Company - Socorro Tuesday, November 14th

Depart: 10:00 am • Return: 4:00 pm • Transportation



Los Alamos History Museum - Las Alamos Thursday, November 16th

Depart: 10:00 am • Return: 5:00 pm • Transportation: \$11.50
Admission: 15.00

Model Train Show - Balloon Fiesta Park Saturday, November 18th

Depart: 9:45 am • Return: 4:00 pm • Transportation: \$2.00



Ride & Roam - Mr. Ron's Choice Tuesday, November 21st

Depart: 8:15 am • Return: 4:00 pm • Transportation: \$6.50

Christmas in Madrid - Madrid Saturday, December 2nd

Depart: 2:15 pm • Return: 9:00 pm • Transportation: \$7.00



***Reservations must be made in person with a valid membership card.**

Check out our bulletin board for more trips. Turn in your suggestions to our suggestion box and you just might see them pop up in 2018!



On-going Daily Schedule

Monday	Monday	12:00–5:00	Game Time: Scrabble, Mexican Train & ...
8:15–9:15	Aerobics 50¢*	12:30–2:45	Bridge Group
8:30–11:00	Lapidary	1:00– 3:00	Palo Duro Palettes
9:00–10:00	Yoga, Belts and Blocks \$3	3:15– 4:15	Nia Technique \$5 per class*
9:00–11:00	Choralaires	4:30–5:30	Tai Chi Chih, Cont; (8/30-10/4) \$60*
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks \$3*
9:30–10:30	Gentle Exercise 50¢*	Thursday	Thursday
11:00–1:00	Lujan Grisham Mobile Office: 12/19	8:00–9:00	Flex & Tone 50¢*
11:00–3:00	Ceramics	8:00–1:00	Ceramics
11:15–2:30	Philatelic Society	8:15–4:30	Rockhounds Trip (2 nd & 4 th) \$ varies
11:30–1:00	Jug Band Practice	8:30–12:00	Deaf Seniors
11:45–1:00	T.O.P.S.	8:30–11:30	Lapidary
12:15–4:00	Duplicate Bridge	9:00–11:30	German, Intermediate
1:00–2:30	EFT / Tapping (2 nd only) \$5 per session	9:30– 11:30	Open Computer Lab
1:00–3:00	French, Advanced \$5 materials fee*	12:00–1:00	Rockhounds Meeting (1 st & 3 rd)
1:00–3:00	Open Computer Lab	12:00–3:30	Mah Jongg (2 nd & 4 th)
1:30–3:15	Line Dancing, Advanced	12:30–4:00	Senior Men's Bridge (1 st only)
2:45–4:30	Retired Physicians	1:00–4:30	Metalcasting \$2* per casting
3:00–4:00	French Language Book Club	1:00–3:00	Discussion Group, Open Topic
3:00–4:30	Essential Oils (2 nd only)	1:30–3:30	Movies (1 st & 3 rd)
3:15–4:30	Line Dancing, Beginning	Friday	Friday
Tuesday	Tuesday	8:15–9:15	Aerobics 50¢*
8:00–9:00	Flex & Tone 50¢*	8:30–12:30	Defensive Driving (1 st only) \$20, \$15 AARP*
8:00–12:30	Quilting (and more!)	9:00–11:30	Pottery; firing fee
8:15–4:00	Hiking (every other) \$ varies	9:30–10:30	Gentle Exercise 50¢*
8:30–11:30	Tuesday's Angels	9:30–10:30	Tai Chi, drop-in (no 1 st) \$5*
8:30–11:30	Lapidary	9:30–11:30	Stained Glass
10:00–12:30	Sewing & Alterations	12:00–2:00	Get It Done
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	12:15–4:00	Duplicate Bridge
1:00–3:00	ABQ Travel Partners (2 nd & 4 th)	1:00–3:00	Spanish, Beginning
1:00–3:00	Open Computer Lab	1:00–3:30	Cribbage
1:00–3:00	Visiting Artists Series	1:00–3:00	Open Computer Lab
1:15–4:00	Bingo \$3* minimum to play	2:15–4:30	Swedish Weaving \$10 materials fee*
1:30–2:30	Mystery Book Club (2 nd only)	Saturday	Saturday
2:15–4:30	Rio Grande Players	9:00–3:00	Hiking \$ varies
Wednesday	Wednesday	9:00–10:30	Food Addicts in Recovery Anonymous
8:00–11:30	Pottery Lab; firing fee	9:00–10:30	Line Dancing, Beginning
8:15–9:15	Aerobics 50¢*	9:00–1:00	Quilting
9:00–10:00	Gentle Yoga (Class will return in 2018)	10:00–11:30	ABQ Recorder Orchestra
9:15–10:15	Friendship Coffee	10:00–11:00	NARFE Board Meeting (1 st only)
9:30–10:30	Gentle Exercise 50¢*	10:00–12:00	Accordion Group (3rd only)
10:00–12:00	Investment Club (BCIC) (3 rd only)	10:30–12:00	Line Dancing, Advanced (no 1 st)
11:30–4:00	Metalsmithing/Jewelry Lab	11:00–12:30	Red Hatters (1 st only)
12:00–3:00	Busy Bees - Crochet & Knit	11:00–12:45	NARFE Chapter 80 Meeting (1 st only)

* indicates suggested money donation per session

Note: Days and Times are subject to change.

The Honeycomb Cafe



Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch- \$3.25 *Reservations Required

Please call before 1:00pm by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
30 Ham w/ Pineapple	31 Spaghetti w/ Meatballs	November 1 Loaded Potato	2 Chicken Tortilla Stew	3 Salisbury Steak
6 Shepherd's Pie	7 Catfish w/ Tartar Sauce	8 Pork Green Chile Stew	9 Special Luncheon	10 Center Closed 
13 Omelet	14 Chicken Pot Pie	15 Turkey Corn Dog	16 Diced Potatoes, Peppers & Onions w/ Red Chile Meat Sauce	17 Pork Chop w/ Onion & Apples
20 Open Faced Cheeseburger	21 Vegetable Soup	22 Herb Roasted Turkey w/ Gravy	23  Center Closed Happy Thanksgiving	24 
27 Beef Patty & Onions w/ Gravy	28 Chicken Alfredo	29 Carne Adovada Enchiladas	30 Beef Tips w/ Noodles	1 Salmon w/ Pineapple

Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00



Regular Combination.....\$1.50.....Mini.... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich..... \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Waffle served on Fridays.....\$1.00

Lunch 11:30–1:00



Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day.....\$1.50
half sandwich.....\$0.75

Grilled Cheese.....\$1.25

Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea.....\$0.30

Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102



Funeral Planning

Presented by: Crystal Anderson
Wednesday, November 1st • 9:00 am

Cognivue: Dementia Testing

Presented by: Tim Lorenz
Thursday, November 2nd • 8:15 am
***By appointment only**



Outsmart the Scammers

Presented by: Edward Jones
Wednesday, November 8th • 10:00 am

Coping with Grief during the Holidays

Presented by: Jan Godinez
Wednesday, November 15th • 10:30 am



Prostate Cancer Support Association of NM

Presented by: PCSA of NM
Thursday, November 16th • 10:00 am

The Problem Gambler Among Us

Presented by: PeopleWorks of NM
Thursday, November 30th • 10:30 am



Palo Duro Features

Manage Your Chronic Disease (MyCD) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life.

This session will be a general Diabetes Self-Management Program Workshop:

October 12th– November 16th

Thursdays

1:00pm– 3:30pm

To enroll, please call 505- 880 - 2800.



Mystery Book Club

The books we read are available at the public library next door. Everyone is welcome, so please join us!

2nd Tuesdays: 1:30pm– 2:30pm

Tuesday, November 14th: *Helsinki Blood* by James Thompson

Tuesday, December 12th: *Rogue Island* by Bruce DeSilva



Visiting Artist Program

Tuesdays: 1:00pm– 3:00pm

This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides an artist volunteer who guides participants in art activity. Let your creativity bloom!

Date	Program	Artist
7	Pastels, Session 1	Susan Daugherty
14	Pastels, Session 2	Susan Daugherty
21	Watercolor	Pat Baca
28	Watercolor	Pat Quintana



Polly Dages, 94, creates Christmas cards that will be sent to our soldiers stationed overseas. This class was led by Kathleen Schweizer in October.



Vintage Photos from Palo Duro's Past

Some of our photos date back to 1974 when the Center first opened. Check out our assortment of photos and memorabilia located on our lobby bookshelves. You may even find a picture of yourself!



Bee sure to check these out!

RIDE TILL 5

The Department of Senior Affairs is expanding their hours to include later pick-ups. Starting on November 13, The Department will offer free van rides to seniors in Bernalillo County over the age of 60 from 7:30am to 5:00pm.

Call (505) 764-6464 to schedule your ride. ADA-Accessible vehicles are available.



Palo Duro Holiday Arts & Crafts Fair

Only handcrafted and artisan goods will be available to sell, so be sure and see what you'll find- this special event will only take place November and December!

**Tuesdays in November and December
8:30am-12:00pm**

Silver Horizons Food Pantry

Thursday, November 30th

2:30pm– 4:00pm

***We will not allow people to block hallways, doorways or classrooms**



The Rio Grande Players' next show is here!

Come enjoy two original radio scripts from 1950 presented at OASIS, Friday, November 17th at 2:00pm. OASIS is located at 3301 Menaul Blvd NE. Reservations can be made at <https://www.oasisnet.org/Albuquerque-NM/Classes>. Select class number 95 to hear these two light hearted episodes of The Life of Riley and Father Knows Best, the latter one occurs during Thanksgiving 1950. Call Yolanda at 505-620-9643 for more info.

Bernalillo County Treasurer Nancy Bearce Says "Your Money Matters"

- Do you know where your money goes to?
- Do you need help reading your tax bill?
- What options are there for paying your taxes?

Bring your questions and concerns to an informational meeting with Bernalillo County Treasurer, Nancy Bearce.

Tuesday, November 14th at 11:00 am.



Palo Duro Announcements

Desert Willow Gift Shop

We are now accepting handmade holiday themed items. We are in need of handmade baby and men items, and a variety of other crafts. Artisans can bring their handmade crafts on consignment with 90% going to the crafter. We are also looking for gently used books for our free lending library. We can put out 100 books each day, so please keep the books coming.

Don't forget that we will be CLOSED November 23rd and 24th. We will RE-OPEN Monday, November 27th. Have a wonderful and blessed Thanksgiving Day! For more information, you can call Elenor at 505-888-8102 and ask to be transferred to the Gift Shop. The 505-888-8105 number is temporarily out of order.



Elenor Key, Manager 505-888-8102



Cell Phone & Tablet Assistance Tuesdays: 1:00-2:00pm Lobby

Ask your questions about smartphones and other gadgets– our volunteer is here to help!

Vote at Palo Duro Senior Center Tuesday, November 14th 7:00am-7:00pm

Palo Duro will be a voting site for the 2017 Mayoral Election. Your vote counts! Please note room changes and cancellations



Billiards Room Time Change

The Billiards Room will now be closing 10-minutes prior to the center closing.
Thank you for the cooperation.